

Nutrition Packet

JULY





Blackened Catfish

INGREDIENTS*

HOMEMADE BLACKENING SEASONING BLEND

- 2 Tablespoons paprika, use part smoked paprika if available
- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon kosher OR
1 teaspoon sea salt OR
1/2 teaspoon table salt
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 to 3 teaspoons cayenne powder
(use more for a spicier blend)

BLACKENED CATFISH

- 1/4 cup of homemade blackening seasoning
- 4 frozen **catfish fillets**
- 1 Tablespoon **butter**
- 2 Tablespoons **vegetable oil**
- Lemon wedges OR lemon juice

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

Homemade Blackening Seasoning Blend

1. Wash your hands before preparing food.
2. Make your own blackening seasoning for cooking fish, chicken, beef, or other meats and even roasting vegetables. It will provide a charcoal grilled flavor without getting the grill out. Use this as a base recipe and adjust the amounts of cayenne powder for the level of hotness that is right for you.
3. Mix all ingredients together in a small dish with a cover. This seasoning blend will keep for up to 3 months in a cool, dry place.

Blackened Catfish

1. Thaw catfish by placing in resealable bag submerging package in cold water, changing the water every 30 minutes to be sure it stays cold. Fillets should thaw in about an hour.
2. Preheat oven to 400° F. Prepare baking sheet by lining with parchment paper or aluminum foil.
3. Melt butter and mix with vegetable oil. Brush both sides of fish fillets with oil mixture.
4. Place homemade blackening seasoning on a dinner plate or in a pie pan. Press fish into seasoning and coat both sides.
5. Place fish on prepared baking pan and bake in hot oven for 15-17 minutes or until fish flakes easily and is nice and brown.
6. Serve with lemon wedges or lemon juice.

LINKS:

YouTube: <https://youtu.be/VsajfV8ep0s>

Instagram: https://www.instagram.com/tv/CQHWN24n5Om?utm_source=ig_web_copy_link

Facebook: <https://www.facebook.com/watch/?v=864141150852277>

Download: https://itcmi-my.sharepoint.com/:v/g/personal/mwillette_itcmi_org/EalxbVi1zBINnjo7nPqtjsBPKCyEeIFYkiBo-VrQTYmpA?e=lhoDU7

Tasty Cornmeal Pancakes with Blueberry Sauce

INGREDIENTS*

BLUEBERRY SAUCE

- 2 cups **frozen blueberries**, OR fresh blueberries
- 1/3 cup water
- 1/4 cup white sugar OR maple sugar OR 2 Tablespoons maple syrup
- 2 Tablespoons lemon juice OR **orange juice**
- 1 1/2 Tablespoons cornstarch mixed with 2 Tablespoons cool water
- 1/2 teaspoon vanilla (optional)

PANCAKE INGREDIENTS

- 1 cup **yellow cornmeal**
- 1 cup **all-purpose flour**
- 3 Tablespoons sugar OR maple sugar
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 2 large **eggs**
- 1 cup **1% milk**
- 1 Tablespoon lemon juice OR **orange juice** OR vinegar
- 1/4 cup **vegetable oil** + more for greasing the griddle

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Combine blueberries, water, sugar or syrup, and juice in a small saucepan over medium-high heat. Bring to a boil; lower heat and gently simmer.
3. Stir the cornstarch mixed with the water until dissolved and smooth, and then stir into the blueberry mixture. Continue to simmer and stir occasionally until sauce begins to thicken. Remove from heat and stir in vanilla if using.
4. While sauce is cooking, whisk cornmeal, flour, sugar, baking powder, and salt together in a medium mixing bowl. In a small bowl, mix eggs, milk, juice, or vinegar and 1/4 cup vegetable oil. Add liquid ingredients to dry ingredients and blend together until all ingredients are wet, there may be some small lumps.
5. Lightly oil griddle and heat over medium-high heat. Griddle is ready when a few drops of water sprinkled on hot griddle sizzle and jump across the top.
6. Pour about 1/4 cup batter onto hot griddle. Flip pancakes when bubbles appear all over the surface of the pancake and begin to pop. The pancake should begin to look almost dry. Flip and cook another 1 to 1 1/2 minutes.
7. To keep warm, place cooked pancakes on a baking sheet OR a cooling rack placed on top of baking sheet and place in oven preheated to 200° F.
8. Serve pancakes with butter and blueberry sauce.



Healthy Breakfasts

Eating a healthy breakfast every morning is possible, even when you're eating on a budget. Here are some tips and tasty breakfasts to try.

PLANNING A HEALTHY BREAKFAST

For a balanced breakfast, try to include foods from at least 3 of these food groups:

- **GRAINS:** Whole grain choices include whole wheat bread, whole grain cereal, and oatmeal.
- **FRUITS:** Choose frozen fruit; canned fruit in water or 100% juice; dried fruit; or seasonal fresh fruit.
- **VEGETABLES:** Breakfast is a good time to use up leftover veggies, or choose fresh or frozen types.
- **PROTEIN FOODS:** Choices include beans, lean meats, chicken, fish, tofu, and eggs. Eggs are one of the most budget-friendly and nutrient-packed protein foods.

Limit foods with saturated fat or trans fat. These fats can increase the risk of heart disease. Instead, use small amounts of healthy oils like olive or canola oil or soft (tub or squeeze) margarine that contain no trans fats.

- Saturated fat is found in bacon, sausages, and other fatty meats; butter; whole milk; most cheeses; cream and half-and-half; coconut oil; palm oil; and palm kernel oil.
- Trans fat may be found in stick margarine and other foods with partially hydrogenated oil as an ingredient.

Limit added sugars. Syrups, fruit drinks, pastries, sugary cereals, and breakfast bars contain added sugars. To find out if sugar has been added, you can check the ingredient list to see if sugar is an ingredient. You may also find Added Sugar listed in the Nutrition Facts under the Total Carbohydrates.

Stretch your dollars with the healthy breakfast ideas on the next page.



Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Healthy Breakfasts (continued)

FRUIT SMOOTHIE

Blend bananas, berries, or other fruits with $\frac{1}{2}$ cup nonfat or low-fat yogurt and some milk. Add a tablespoon of peanut or almond butter for extra protein. **Food groups:** Fruits, dairy, and protein foods.



VEGETABLE OMELET

Add leftover cooked veggies, like broccoli, spinach, green peppers, and mushrooms, to a two-egg omelet. Top with shredded reduced-fat cheese, and add canned beans for extra protein. **Food groups:** Protein foods, dairy, and vegetables

OATMEAL

Buy a large package of rolled oats instead of costly single-serve packages. Top cooked oatmeal with banana or apple slices, raisins, or dried apricots. Or add canned fruits packed in water or 100% juice. Mix in peanut butter or sprinkle with chopped nuts for added protein. **Food groups:** Whole grains, fruit, and protein foods.

CEREAL AND MILK

Choose a whole grain cereal with fat-free or low-fat milk. Top with fresh, seasonal fruit. Buy whole grain cereals in bulk or as generic items. **Food groups:** Whole grains, dairy, and fruits



BREAKFAST WRAP

Scramble an egg and wrap in a warmed whole-grain tortilla along with shredded, reduced-fat cheese. Add salsa or other veggies as desired. **Food groups:** Whole grains, dairy, protein foods, and vegetables

YOGURT PARFAIT

Buy cups of fat-free yogurt on sale or purchase it in larger tubs. Alternate layers of yogurt, granola, and fresh or dried fruit. Low-fat, store-brand granola tends to be cheaper, or use coupons. **Food groups:** Dairy, whole grains, and fruit

COTTAGE CHEESE BOWL

Buy low-fat cottage cheese in a tub. Top $\frac{1}{2}$ cup with fresh fruits like melon, pineapple, or grapes. Or add canned fruit (like peaches or pears) packed in water or natural juices. For added crunch and protein, sprinkle with your favorite nuts, such as almonds, walnuts, or pecans. **Food groups:** Dairy, fruits, and protein foods

WHOLE GRAIN PANCAKES OR MUFFINS WITH EGGS

Save money by making your own pancakes or muffins. Choose recipes that use whole grains (like whole wheat flour), fat-free or low-fat milk, and healthy oils, like canola. Serve with fruit and balance it out with a hard-cooked or scrambled egg.

Food groups: Whole grains, fruit, and protein foods

BREAKFAST BAR

Purchase whole grain breakfast bars in bulk. Choose bars with whole grains and dried fruit as ingredients. For a balanced breakfast, also include plain, low-fat yogurt sweetened with fresh, canned, or frozen fruit. **Food groups:** Whole grains, dairy, and fruits



Make Your Own Rubs and Marinades



Rubs and marinades add flavor to meats, poultry, seafood, and vegetables without adding many calories. Some store-bought rubs and marinades contain sodium (salt) and added sugars. Homemade rubs and marinades can be healthier, usually cost less than store-bought varieties, and take just minutes to make.

WHAT ARE RUBS AND MARINADES?

There are 2 types of rubs—dry and wet. A dry rub is a mixture of herbs, spices, salt, and sometimes a small amount of sugar that is rubbed into meat, poultry, or seafood before cooking. Wet rubs contain a touch of oil or other moist ingredients. Rubs work well on foods that will be broiled, roasted, or grilled.

A marinade is a seasoned soaking liquid used to add flavor to foods before cooking. The acidic ingredients in marinades (like citrus juice, wine, or vinegar) help tenderize (soften) meat, seafood, and poultry before they are broiled, roasted, baked, or grilled.

GETTING STARTED

Pick a rub or marinade recipe that works well with meat, poultry, seafood, or vegetables. If you make a dry rub, consider making several batches to save for later. Dry rubs can last for 1 to 2 years when stored in an airtight jar in a cool, dry place.

EQUIPMENT

- Measuring cups and spoons
- Mixing bowl
- Whisk and tongs (for marinades)

HOW TO MAKE A RUB

1. Measure all ingredients and place them in a bowl.
2. Stir well to combine.
3. For smaller cuts of meat, poultry, or seafood, spread or pat on the rub right before cooking. For larger cuts of meat, pat on the rub 24 hours before cooking and keep the meat refrigerated.

HOW TO MAKE A MARINADE

1. Measure all ingredients and place them in a bowl.
2. Whisk the ingredients well to combine.
3. Once the marinade is mixed, place the meat, poultry, seafood, or vegetables in the bowl. Use tongs to evenly toss and coat the food with the marinade.
4. Cover the bowl and refrigerate for at least 30 minutes. For more flavor, let seafood sit in the marinade up to 1 hour; let meat or poultry marinate overnight.
5. Before cooking the food, remove it from the marinade. For tips on safely handling leftover marinade, see the sidebar Marinade Safety Tips.

MARINADE SAFETY TIPS

Don't marinate food in a metal container—the acid in the marinade can interact with metal. Instead, use a glass or food-grade plastic container or a sealable, food-safe plastic bag.

Before refrigerating the food that is marinating, cover the container so the marinade doesn't splash onto shelves or other foods.

Never reuse marinade used for raw meat, poultry, or seafood unless you boil the marinade first to destroy any harmful bacteria. To use some of the marinade as sauce for cooked food, reserve a portion before adding the raw meat, poultry, or seafood.

Throw away leftover used marinade that you don't plan to boil.

Make Your Own Rubs and Marinades (continued)

RECIPE IDEAS

EASY TERIYAKI MARINADE

1. In a medium bowl, whisk together $\frac{1}{2}$ cup teriyaki sauce, 3 tablespoons brown sugar, and 2 tablespoons rice vinegar.
2. Add beef, chicken, fish, or your favorite veggies to the bowl. Toss the food in the marinade to coat it.
3. Cover the bowl and refrigerate for at least 30 minutes before cooking.

VEGETABLES WITH BALSAMIC MARINADE

1. In a bowl, whisk together $\frac{1}{4}$ cup olive oil, $\frac{1}{4}$ cup low-sodium soy sauce, $\frac{1}{4}$ cup balsamic vinegar, 2 teaspoons sugar, 1 tablespoon minced fresh ginger (or $\frac{1}{2}$ teaspoon ground ginger), and $\frac{1}{2}$ teaspoon ground black pepper.
2. Add 6 cups cubed raw vegetables (eggplant, zucchini, summer squash, bell peppers, mushrooms, and/or onion) and toss until well coated.
3. Cover the bowl and let the vegetables marinate for at least 30 minutes in the refrigerator.
4. Preheat the broiler.
5. Lightly coat a baking sheet with nonstick cooking spray.
6. Spread the marinated vegetables on the baking sheet in a single layer. Broil the vegetables until tender yet crisp and slightly browned. Serves 6.

SPICY BEEF RUB

1. In a small bowl, combine $\frac{1}{4}$ cup chili powder; 1 tablespoon each of cumin, paprika, and garlic powder; and $1\frac{1}{2}$ teaspoons salt.
2. Rub the mixture on $1\frac{1}{4}$ pounds of your favorite cut of lean beef, such as tenderloin, London broil, or flank steak, and then broil or grill. Serves 4.

Note: Amounts are reported in micrograms of retinol activity equivalents (RAE).

Source: US Department of Agriculture, Agricultural Research Service. FoodData Central, 2019.

Miini Giizis – Berry Moon

5TH MOON LESSON – JUNE

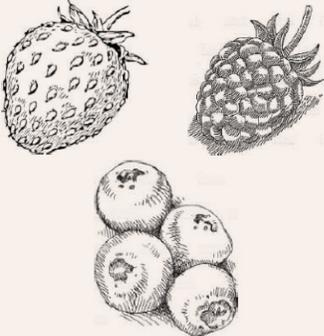
ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Miini Giizis	Mee-nih-gee-zis	Berry Moon Six
Ingodwaaswi	Ing-go-dawh-swih	One
Beshik	Bay-shik	Two
Niizh	Neezh	Three
Nswe	Ni-sway	Berry/Berries
Miin/Miinan	Meen/Mee-nun	Strawberry
Ode'min	O-day-ih-min	Raspberry
Miskomin	Miss-koe-min	Chokecherry
Asasawemin	Uh-suh-suh-way-min	Plum
Bagesaan	Bug-gay-sahn	

*In the White Earth Indian Community, the 13th Moon is called Berry Moon. What is the name for the 13th Moon in your community? Who would you ask to find out?

MIINAN (BERRY) IS OUR RELATIVE

Berry nutrition info:

- Blueberry syrup can be used to relieve coughs (antioxidants, Vitamin C)
- Blueberry leaves can help relieve inflammation in kidneys, bladder, and the prostate; lower blood sugar levels
- Strawberries have more Vitamin C, by weight than grapefruit and oranges
- Fresh strawberries remove discoloration on teeth
- Raspberry leaves can help relieve a bee sting, and can be used as a wash for wounds; can also treat lung congestion
- Raspberry leaves are traditionally used in pregnancy/labor (strengthen the uterus)



13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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